

# The Standardized Program Evaluation Protocol (SPEP™):

*Service Score Results:* Baseline

Name of Program and Service: Adelphoi Village-Transitional Youth from Intensive Supervision Male Group Homes to Independent Living-Individual Counseling

Cohort Total: 15/12

SPEP ID: 160-T01

Selected Timeframe: Jul. 1, 2016 - Dec. 31, 2017

Date(s) of Interview(s): Jun. 23, 2017 & Jul. 20, 2017

Lead County & SPEP Team Representatives: Bill Holt, Allegheny County & Shawn Peck, EPISCenter

Person Preparing Report: Bill Shultz & Shawn Peck

**Description of Service:** *This should include a **brief** overview of the service within the context of the program, the location and if community based or residential. Indicate the type of youth referred, how the service is delivered, the purpose of service and any other **relevant** information to help the reader understand the SPEP service type classification. (350 character limit)*

Adelphoi Village provides various types and levels of residential treatment programs for male and female youth across Pennsylvania. Types of treatment include: General Secure Care/Male and Female; Secure Care for Sex Offenders/Male; Independent Living Group Homes/Male; Drug and Alcohol Group Home/Male; Intensive Supervision Group Homes/Male and Female (inclusive of a specialty unit with a mental health focus/Female); and Shelter/Male and Female. Treatment is individualized and is designed to address a number of criminogenic risk factors, inclusive of anger and aggression issues, poor problem solving, mild to moderate mental health issues, strained family dynamics, and trauma. Adelphoi Village's philosophy is that the cycle of degeneration can be altered in favor of positive growth and success through applying the beliefs and principles of brotherly concern coupled with proven modalities.

Youth are placed by the courts within one of Adelphoi Village's General Secure Care Programs at varied stages of court involvement. This may be the initial out-of-home placement for a youth or may be upon the court transitioning a youth already in placement, within a more restrictive/secure level of care, to a less restrictive level of care. The average length of stay varies across Adelphoi Village's different program types. All youth in this program receive weekly family counseling with either a Family Case Worker or a Master Level Family Therapist from Adelphoi Village.

All youth in this program receive weekly individual counseling sessions with an Adelphoi Village counselor, also known as a "one-on-one". Individual counseling sessions are intended to provide the youth with scheduled, private, and uninterrupted opportunities where they can discuss the progress that they have made toward their treatment goals. Individual counseling sessions are utilized to incorporate the various aspects of treatment provided by the program. Each individual counseling session is recorded on a Summary Progress Note and reviewed by supervisors to ensure that youth are receiving the necessary content and to verify that the information that they are learning within these counseling sessions is integrated into the various aspects of their treatment.

**The four characteristics of a service found to be the most strongly related to reducing recidivism:**

1. **SPEP™ Service Type:** Individual Counseling

Based on the meta-analysis, is there a qualifying supplemental service? Yes

If so, what is the Service type? There is no qualifying supplemental service

Was the supplemental service provided? n/a      Total Points Possible for this Service Type: 10

Total Points Earned: 10      Total Points Possible: 35

2. **Quality of Service:** Research has shown that programs that deliver service with high quality are more likely to have a positive impact on recidivism reduction. Monitoring of quality is defined by existence of written protocol, staff training and supervision, and how drift from service delivery is addressed.

Total Points Earned: 20      Total Points Possible: 20

3. **Amount of Service:** Score was derived from examination of weeks and hours each youth in the cohort received the service. The amount of service is measured by the target amounts of service for the SPEP service categorization. Each SPEP service type has varying amounts of duration and dosage. Youth should receive the targeted amounts to have the greatest impact on recidivism reduction.

Points received for Duration or Number of Weeks: 6

Points received for Dosage or Number of Hours: 6

Total Points Earned: 12 Total Points Possible: 20

4. **Youth Risk Level:** The risk level score is compiled by calculating the total % of youth that score above low risk, and the total % of youth who score above moderate risk to reoffend based on the results of the YLS.

7 youth in the cohort are Moderate, High or Very High YLS Risk Level for a total of 5 points

3 youth in the cohort are High or Very High YLS Risk Level for a total of 8 points

Total Points Earned: 13 Total Points Possible: 25

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**Basic SPEP™ Score:** 55 total points awarded out of 100 points. Compares service to any other type of SPEP therapeutic service. (eg: individual counseling compared to cognitive behavioral therapy, social skills training, mentoring, etc.)

*Note: Services with scores greater than or equal to 50 show the service is having a positive impact on recidivism reduction.*

**Program Optimization Percentage:** 74% This percentage compares the service to the same service types found in the research. (eg: individual counseling compared to all other individual counseling services included in the research)

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## The SPEP and [Performance Improvement](#)

The intended use of the SPEP is to optimize the effectiveness of reducing recidivism among juvenile offenders. Recommendations for performance improvement are included in the service feedback report, and these recommendations are the focus of the performance improvement plan, a shared responsibility of the service provider and the local juvenile court. The recommendations for this service included in the feedback report are:

Individual Counseling scored a 55 for the Basic Score and a 74% Program Optimization Percentage. It is classified as a Group 1 service; Individual Counseling service type with no qualifying supplemental service. The quality of the service was found to be at a High level. For amount of service, 67% of the youth received the recommended targeted weeks of duration and 67% of the youth received the recommended targeted contact hours for this service type. The risk levels of youth admitted to the program were 42% as low risk, 33% as moderate risk, and 25% as high risk. The program could continue to improve its capacity for recidivism reduction through:

1. Regarding Quality of Service Delivery:
  - a. Ensure that counselors who provide individual counseling will be trained in Motivational Interviewing (MI).
2. Regarding Amount of Service:
  - a. Improve communication with the Juvenile Probation Departments that use this service on the research supported amount of service that should be provided for this service type.
  - b. Increase dosage to better match research-based targeted recommendations.
3. Regarding Risk Level of Youth Served:
  - a. Improve communication with the Juvenile Probation Departments from referring counties to better match research recommendations for the Level of Risk; there are larger positive effects on recidivism with high risk juveniles.

# The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Reassessment 1

SPEP™ ID and Time: 0160-T02

Agency Name:	Adelphoi
Program Name:	Transitional Youth: from Intensive Supervision Group Home-Male to Independent Living
Service Name:	Individual Counseling
Cohort Total:	35 for Amount of Service, 31 for Risk Level
Timeframe of Selected Cohort:	Oct. 1, 2018 - Oct. 1, 2020
Referral County(s):	Adams (1); Allegheny (13); Blair (1); Bucks (3); Chester (1); Delaware (3); Franklin (3); Indiana (1); Juniata (1); Lancaster (2); McKean (1); Philadelphia (3); Washington (1); Westmoreland (1)
Date(s) of Interview(s):	Jan. 8 2021 & May 4, 2021
Lead County:	Allegheny County Juvenile Probation
Probation Representative(s):	Ken Chiaverini, Placement Liaison
EPIS Representative:	Christa Park, SPEP™ Data Manager

## Description of Service:

Headquartered in Latrobe, PA, Adelphoi has programs in over 30 counties, including residential group homes, foster and adoptive care, education services, and in-home treatment options. Adelphoi serves 1200 children, youth, and families each day. Each residential program is designed to meet the individualized needs of youth in placement. As treatment needs change, a unique continuum of care model allows youth to move from one program to another in a way that will ensure success. Education is provided on-site or through Adelphoi's Ketterer Charter School. Adelphoi encourages participation by the family in the youth's treatment and offers family visitation assistance.

Adelphoi provides various types and levels of residential treatment programs for male and female youth across Pennsylvania. Types of treatment include: shelter, diagnostic, specialized independent living, intensive supervision, intensive supervision with a mental health focus, substance use, sex offender treatment, enhanced supervision, and secure care. Treatment is individualized and designed to address a number of criminogenic risk factors, including anger and aggression issues, poor problem solving, mild to moderate mental health issues, strained family dynamics, and trauma. Adelphoi's philosophy is the cycle of degeneration can be altered in favor of positive growth and success through application of the beliefs and principles of brotherly concern coupled with proven treatment modalities.

Intensive Supervision Group Homes provide community-style living to chronically delinquent or dependent male and female youth. The program offers community-based mental health services and medication management, as well as on-site psychiatric and psychological services. Youth are placed by the courts within one of Adelphoi's Intensive Supervision Male Group Homes at varied stages of court involvement. This may be the initial out-of-home placement for a youth or may be upon the court transitioning a youth already in placement who is within a more restrictive/secure level of care, to a less restrictive level of care. The average length of stay varies across Adelphoi's different program types.

All youth receive weekly Individual Counseling sessions with an Adelphoi counselor, also known as a "one-on-one". Individual Counseling sessions are intended to provide the youth with scheduled, private and uninterrupted opportunities where they can discuss the progress that they have made toward their treatment goals. Individual Counseling sessions are utilized to incorporate the various aspects of treatment provided by the program. Each Individual Counseling session is recorded on a Summary Progress Note and reviewed by supervisors to ensure that youth are receiving the necessary content and also to verify that the information that they are learning within these counseling sessions is integrated into the various aspects of their treatment.

Each client receives a Counselor upon intake; the Counselor takes the lead on all issues afterwards (e.g., medical referrals, preparing a youth for a Choice Theory Meeting, etc.). Unit Directors (formerly Unit Supervisors) provide clinical supervision to the Counselor. A Shift Supervisor (formerly Counselor II) will be present for every shift and will fill in for an absent Counselor to complete a one-on-one session. One session every 7 days is the "floor" and not the "ceiling". Sessions take place in a quiet setting, for 60 minutes, to discuss issues in the Treatment Plan. Notes are taken to keep the treatment plan on track so that the counselor develops themes across the different interventions such as anger management and family in relationship to the next.

### The four characteristics of a service found to be the most strongly related to reducing recidivism:

1. **SPEP™ Service Type:** Individual Counseling

**Based on the meta-analysis, is there a qualifying supplemental service?** No

**If so, what is the Service Type?** There is no qualifying supplemental service

**Was the supplemental service provided?** N/A **Total Points Possible for this Service Type:** 10

**Total Points Received:** 10 **Total Points Possible:** 35

2. **Quality of Service:** Research has shown that programs that deliver service with high quality are more likely to have a positive impact on recidivism reduction. Monitoring of quality is defined by existence of written protocol, staff training, staff supervision, and how drift from service delivery is addressed.

**Total Points Received:** 20 **Total Points Possible:** 20

**3. Amount of Service:** Score was derived by calculating the total number of weeks and hours received by each youth in the service. The amount of service is measured by the target amounts of service for the SPEP™ service categorization. Each SPEP™ service type has varying amounts of duration and contact hours. Youth should receive the targeted amounts to have the greatest impact on recidivism reduction.

Points received for Duration or Number of Weeks: 2  
Points received for Contact Hours or Number of Hours: 8

Total Points Received: 10 Total Points Possible: 20

**4. Youth Risk Level:** The risk level score is compiled by calculating the total % of youth that score above low risk, and the total % of youth who score above moderate risk to reoffend based on the results of the YLS.

22/31 youth in the cohort are Moderate, High, Very High YLS Risk Level for a total of youth 5 points  
4/31 in the cohort are High or Very High YLS Risk Level for a total of 8 points

Total Points Received: 5 Total Points Possible: 25

**Basic SPEP™ Score:** 45 total points received out of 100 points. Compares service to any other type of SPEP™ therapeutic service. (e.g. individual counseling compared to cognitive behavioral therapy, social skills training, mentoring, etc.)

**Note:** Services with scores greater than or equal to 50 show the service is having a positive impact on recidivism reduction.

**Program Optimization Percentage:** 60% This percentage compares the service to the same service types found in the research. (e.g. individual counseling compared to all other individual counseling services included in the research.)

### **The SPEP™ and Performance Improvement**

The intended use of the SPEP™ is to optimize the effectiveness of reducing recidivism among juvenile offenders. Recommendations for performance improvement are included in the service Feedback Report, and these recommendations are the focus of the Performance Improvement Plan, a shared responsibility of the service provider and the juvenile probation department.

Individual Counseling received a 45 for the Basic Score and a 60% Program Optimization Percentage. These Basic Scores represent a decrease of 10 percentage point(s) from the initial SPEP™ Assessment. These POP Scores represent a decrease of 14 percentage point(s) from the initial SPEP™ Assessment.

The service was classified as a Group 1 service; Individual Counseling Service Type. There is no qualifying supplemental service found in the research. The Quality of Service has been consistently maintained at a High Level. For Amount of Service, 34% of the youth received the recommended targeted weeks of duration and 97% of the youth received the recommended targeted contact hours for this service type. The Risk Levels of Youth admitted to the service were: 29% low risk, 58% moderate risk, and 13% high risk. It should be noted the cohort size more than doubled between the initial and baseline assessments (15 and 35 respectively); the increase in cohort size had an impact on the overall scoring for the Amount of Service & Risk Level of Youth Served. The service could improve its capacity for recidivism reduction by maintaining current fidelity monitoring mechanisms in place regarding reasons for unsuccessful discharge and by monitoring trends in risk level of youth served to ensure higher risk youth are targeted for the service.